



General Packing List for Riders- Note some tours have minor specifics, but 99% of what you need is here

You will receive:

- 2 x Team cycling jerseys (two different types one for one day and one for the next)
- 2 x bib Knicks
- 2 x Team socks
- 1 x Team cycling cap
- 1 x Dinner Shirt
- Laundry bag
- 2 x personalised Luggage Tags
- Bike Number
- Shoe Bag (for your gear you need to have access to during the day – joggers)
NB. You will receive your shoe bag when you drop your bike off

Items that are specific to different tours. Advice given via email prior to tour. Describing what will be supplied and if you will need it:

- Tour de Cure red rain jacket (on loan – you will need to return this at the end of tour)
- 1 x Team Wind Vest
- Some tours will supply arm and legs warmers. However, mostly not. Suggest you have a pair of each that you like wearing. Black is a good safe colour and keeps you warmer!

What to pack of your own

- **For the cooler weather on the bike:** an undershirt, winter gloves (long fingers), arm warmers, leg warmers, toe covers (especially if it rains)
- Jeans/pants (max. 1 pair)
- Casual shoes / trainers for stops during the day. Try to use the same pair for stops and at night.
- Underwear, socks and sleepwear (plus a compression suit if you wish to ease the muscles overnight)
- Sunglasses
- Swimmers (if you're game)
- Toiletries
- Personal medical needs (although we will have an extensive first aid/medical kit with us)
- Ear plugs or eye cover if you are a light sleeper
- Laptop/PDA/iPad and chargers (these will be locked in a road case in the truck during the day)
- USB charger 4 or 6 gang (if you have multiple gadgets to charge overnight including phones)



For the bike:

- Helmet - (**Note on Full Rider for Signature tour you will receive a new helmet from Specialized.**)
- Helmet - If a Stage Rider or any of our other tours... Individuals will need to bring their own helmet
- Two x water bottles. (**Note on all Riders for Signature tour and the 3-day Corporate Tours will receive new water bottles from Specialized.**)
- Bike lights (front and rear) and chargers (if required)
- Garmin / speedo and chargers (if already owned)
- If you have electronic gearing make sure you bring relevant chargers
- A derailleur hangar specific to your bike. Ask at your local bike store, they will know what we are talking about.

Do not pack:

- Bike wheels – mechanic on tour will provide this
- Bike tools, spare parts and saddle bags
- Any NON TDC gillets or waterproof jackets. These will be supplied if required

Packing Tips:

1. **Pinkie Test** – can you lift your bag with your pinkie? No?
Then ***leave some stuff at home!***
2. **Pack light** - you'll wear the same things over and over & laundry will be done once during the tour. Bags should be under 10kgs in weight. The lighter the better for our logistics crew please and less for you to worry about.
3. Please pack everything in to a soft duffle bag (preferably not on wheels as we will have early starts and we would like to minimise the noise for the other hotel guests). DONT bring hard cases, as our logistics crew will be lifting these in and out of the truck.
4. You will be supplied with **2 luggage tags** (when you pick up your kit) **to put in a visible spot on: Your luggage bag x 1, laptop bag x 1 (if applicable) before dropping your bag off at the start of tour.**
5. You will be supplied with **1 bike number and fastener** (when you pick up your kit) **to put on the seat post of your bike** (as this will be loaded on to a truck) **before dropping your bike off.**
6. Day wear – Riders will be in their cycling kit. You will be told the night before which coloured jersey to wear the next day. But its 100% the clean one.
7. Evening wear – at dinner each night everyone is to wear the TDC Dinner Shirt & jeans with casual shoes
8. **Don't pack your best gear** - laundry is done commercially, whites & colours are mixed
9. Label / mark EVERYTHING with a black permanent marker is a good idea

